



Smoking is an addictive habit that can be challenging to kick.

Studies prove you're more likely to successfully quit tobacco if you are being coached. The Arkansas Tobacco Quitline is funded by Tobacco Settlement dollars, so you never have to pay for the service, which includes:

Free unlimited Web coaching

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Free personalized phone sessions with a Quit Coach®

•

Free quit guides

•

Free Arkansas Diabetes Resources and Educational Materials

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Your choice of free medication mailed directly to your home

Smoking directly affects your health, and when you already have one health hurdle, why stack the deck against yourself with more?

Arkansas Tobacco Prevention and Cessation Program
4815 West Markham, Slot 3
Little Rock, AR 72205
(501) 661-2953

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Arkansas Diabetes Section
Chronic Disease Prevention and Control Branch
4815 W. Markham St., Slot 6
Little Rock, AR 72203
(501) 661-2093

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Arkansas Tobacco Quitline
1-800-QUIT-NOW
1-800-784-8669

Open seven days a week
24 hours a day

Free medications, while supplies last.

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Services are available in English, Spanish, Marshallese and more than 160 other languages.

stampoutsmoking.com
healthy.arkansas.gov



One More Reason TO QUIT

Diabetes and Tobacco Use

1-800-QUIT-NOW





What is diabetes?

Diabetes happens when the body stores unhealthy amounts of glucose (sugar) in the blood. The hormone insulin helps remove glucose (sugar) from the bloodstream to cells in the body. Diabetes happens when your body does not get enough insulin, or does not use insulin the way it should. Diabetes can cause serious health complications including heart disease, blindness, kidney failure and lower-extremity amputations.



SMOKING AND DIABETES

A dangerous combination

- IF YOU ARE A PERSON LIVING WITH DIABETES, YOU CAN PUT YOUR HEALTH AT GREATER RISK BY CHOOSING TO SMOKE OR USE TOBACCO PRODUCTS.
- **SMOKING RAISES BLOOD SUGAR LEVELS AND MAKES IT HARDER TO CONTROL YOUR DIABETES.**
- YOUR MEDICATIONS AND INSULIN SHOTS MAY NOT WORK AS WELL BECAUSE YOU SMOKE.
- **YOU COULD DEVELOP PROBLEMS SUCH AS HIGH BLOOD PRESSURE, A HEART ATTACK AND STROKE.**
- SMOKING DAMAGES BLOOD VESSELS, WHICH CAN INCREASE YOUR CHANCES OF INFECTIONS LIKE FOOT ULCERS.
- **SOME SMOKERS LIVING WITH DIABETES HAVE THEIR TOES, LEGS AND FEET REMOVED (AMPUTATIONS) BECAUSE SMOKING DECREASES BLOOD FLOW TO INFECTED BODY PARTS.**
- SMOKING CAN CAUSE EYE, KIDNEY AND NERVE PROBLEMS.

Make a Plan to Quit

SET YOUR QUIT DAY

When you call the Arkansas Tobacco Quitline, you will be in charge of setting your own quit date. Pick one and mark it on every calendar you own.

GET PREPARED

Quitting can be challenging, but if you remove all temptations and reminders, it will be easier. Throw away cigarettes, lighters and ashtrays. Replace these with healthy snacks like raw vegetables and stress balls to give your hands something to do.

